

ABSTRACT OF THE DISCLOSURE

A portable abdominal exercise device includes one or more elastomeric resistance bands of sufficient length to encircle a backrest of a chair. A back support plate is positioned in front of the backrest of the chair and connected to the resistance bands. An elongated strap extends from the back support plate around a torso of a user. The elastomeric bands resist movement of the back support plate and strap away from the backrest of the chair as the user moves his or her torso away from the backrest of the chair to perform abdominal exercises while seated in the chair.